

MOVE IT 2 LOSE IT

Week 5 Tips:

Pay attention to serving sizes!

1 serving of protein:

- 3 oz. of meat, fish, or poultry
- 2 oz. of cheese
- 2 oz. of peanut butter
- 1 cup of cottage cheese
- 1 egg

1 serving of bread/starch:

- 1 slice of bread
- ½ cup of beans or lentils
- ½ cup of cooked rice or pasta
- ¾ cup of cereal

1 serving of vegetables:

- 1 cup of raw vegetables
- ½ cup of cooked vegetables

1 serving of fruits:

- 1 medium apple or orange
- ½ banana

1 serving of fat:

- 1 teaspoon vegetable oil
- 2 Tablespoon of regular salad dressing

Workout Challenge:

Prison Jacks

- Pretend you are sitting in a chair
- Place your fingers on your ears
- Lean forward slightly and hold your abs in a crunch
- Jump in and out (like you do in jumping jacks) while maintaining a squat position

Go hard and fast for 20 – 30 seconds, 4 times, rest between sets

Beginners: Perform exercise without crunching your abs

As an easy trick, use your hand as a guide:

Protein = palm of your hand (no fingers)

Carb = size of your fist

Fat = size of the tip of your thumb

Remember this ratio for each meal:

40% carbs

30% protein

30% fat

Try to eat **FIVE** small meals per day.

Good sources of protein: tuna, eggs, salmon, tofu, chicken, turkey, and elk

Easy way to sneak in exercise is: walk around the block before work, **at lunch**, and **right before you leave**.

TURKEY KABOBS*

* Recipe retrieved from Shaklee Corporation

- 1 Tablespoon fresh lemon juice
- 1 Tablespoon olive oil
- 1 Tablespoon water
- 1 teaspoon Dijon mustard
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper
- 1 lb. turkey breast (cut into 1 in chunks)
- 1 large bell pepper (cut into 1 in chunks)
- 12 large mushrooms

1. In a bowl, mix lemon juice, oil, water, mustard, oregano, and black pepper
2. Add turkey, bell pepper, & mushrooms, toss to coat.
3. Make 4 skewers alternating turkey, pepper, & mushrooms. Set aside.
4. On a preheated grill, grill uncovered for 8-11 minutes (turning occasionally) until cooked.

Recipe makes 4 servings.

Nutritional information per serving: 222 calories

37 g protein 5 g fat 76 mg sodium
96 mg cholesterol 2 mg fiber

Fun Ways to Exercise

Walk laps in a pool!

EVEN BETTER: Use resistance equipment while walking to burn more calories!

Go sledding!

EVEN BETTER: Haul the sled back up to the top each time (*bonus points if you haul a child too*).

Go snowshoeing!

EVEN BETTER: Make a day of it and pack a healthy lunch & haul in a backpack.

Chocolate Banana Shake:

2 scoops chocolate protein powder

8 ounces plain soymilk

½ frozen banana

3 – 5 ice cubes

- 1.) Add soymilk to blender, scoop in protein powder, add banana, and ice cubes.
- 2.) Blend until desired consistency is achieved.